



ALBANNA
MARTIAL ARTS CENTER
مركز البناء للفنون القتالية



Children's Program Ages 3-15: Martial Arts Training

Taekwondo - Kickboxing - Boxing - Self Defense

- Classes 3 - 9 years): Saturday, Monday, Wednesday from 5 to 6 PM.
- Classes (10 - 15 years): Saturday, Monday, Wednesday from 6 to 7 PM.

Ladies Only Program With A Female Trainer

Training: Taekwondo - Kickboxing - Fitness

- Classes: Saturday, Monday, Wednesday from 7 - 8 pm.

Adults Program - Mixed Martial Arts

Training: Kickboxing - Boxing - Muay Thai - Taekwondo

- Classes: Saturday, Monday, Wednesday from 6 - 7 pm.

Fees and Requirements

- Membership Fee: 10 BHD (One Time Payment)
- 1 Month Membership 30 BHD
- 4 Months Membership 100 BHD
- 8 Months Membership 160 BHD
- Annual Membership 300 BHD
- Taekwondo Uniform 10 BHD (Children's and Ladies teams)
- Training Glove 10 BHD (All Teams)
- Training T-Shirt 5 BHD (Men's Team)

For registration, kindly pay the fees to BenefitPay 36668390, provide a copy of the payment receipt along with the subscriber's ID card, and fill out the registration form.